

Go for Gold – Let your basics shine!

Waltz

Timing	Figure	Starting alignment Man*
123 456	Natural spin turn, underturned	Facing DW
123	456-of Reverse turn, underturned	Backing DC against LOD
123 456	Reverse turn	Facing DC
123	Whisk	Facing DW
12&3	Chasse from PP	Facing DW (moving along LOD)
123 456	Natural spin turn, underturned	Facing DW
123	456-of Reverse turn, underturned	Backing DC against new LOD
Continue		

*Starting alignment might differ based on size of the ballroom

Tango

Timing	Figure	Starting alignment Man*
SS	Two walks	DW
QQ	Progressive link	DW
SQQS	Closed promenade	Along LOD, pointing DW
SS	Two walks curved to center	DW
QSQQS	Open reverse turn, lady outside	DC
QQQQS	Fivestep	DW
SQQS	Closed promenade	Facing DW of new LOD
Continue		

*Starting alignment might differ based on size of the ballroom

Foxtrot

Timing	Figure	Starting alignment Man*
SQQ	Featherstep	Facing DC
SQQSQQ	Reverse turn (incorporating Feather Finish)	Facing DC
SQQ	Threestep	Facing DW
SQQSSS	Natural turn	Facing DW
SQQ	Featherstep	Facing DW new LOD
Continue		

*Starting alignment might differ based on size of the ballroom

Quickstep

Timing	Figure	Starting alignment Man*
SQQSSS	Natural spinturn, underturned	Facing DW
SQQS	Progressive chassé	Backing DC against LOD
SQQS	Quick open reverse	Facing DC
QQQQ	Four quick run	Facing DC
SQQSSS	Natural spinturn, underturned (starting outside partner)	Facing DW
SQQS	Progressive chassé	Backing DC against new LOD
Continue		

*Starting alignment might differ based on size of the ballroom

Chachacha

Timing	Figure	Start shaping
234&1 234&1 234&1	Close basic*, 1 ½ times, turned up to 1/2	Close hold
234&1	Under arm to turn to right	Close hold
234&1 234&1 234&1	Check op from CPP/PP 3x	Open PP/CPP
234&1	Spotturn to left	Open position w/o hold
234&1 234&1	Fan	Open position L to R hand hold
234&1 234&1	Hockey stick	Fan position
234&1 234&1	Open hiptwist	Open position L to R hand hold
234&1 234&1	Alamana	Fan position
234&1 234&1 234&1	Close basic*, 1 ½ times, turned up to 1/2	Open position L to R hand hold
Continue		

*Turned up to ¼ every bar

Rumba

Timing	Figure	Start shaping
2341 2341 2341	Basic movement*, 1 ½ times	Close hold
2341	Under arm to turn to right	Close hold
2341 2341 2341	Hand to hand	Open position R to L hand hold
2341	Spotturn to left	Open position w/o hold
2341 2341	Fan	Open position L to R hand hold
2341 2341	Hockey stick	Fan position
2341 2341	Open hiptwist	Open position L to R hand hold
2341 2341	Alamana	Fan position
2341 2341 2341	Basic movement*1 ½ times	Open position L to R hand hold
Continue		

*Turned up to 1/8 every bar

Jive

Timing	Figure	Start shaping
QQQaQ QaQ	Basic in fallaway	Close hold
QQQaQ QaQ	Change of place R to L	Close hold
QQQaQ QaQ	Change of place L to R	Open position with L to R hand hold
QQQaQ QaQ	American spin	Open position R to R hand hold
QQQaQ	Whip	Close hold
QQQaQ QaQ	Fallaway throwaway	Close hold
QQQaQ QaQ	Link	Open position with L to R hand hold
Continue		